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Amonax MEP3-B

Amonax Motorized Seated Elliptical Machine (MEP3-B) User Manual

Model: MEP3-B

1. INTRODUCTION

The Amonax Motorized Seated Elliptical Machine is designed to provide a low-impact exercise solution, ideal for rehabilitation, improving mobility, and general fitness while seated. This manual provides essential information for the safe and effective use of your device.

Package Contents:

- 1 x Amonax Mini Elliptical Machine
- 1 x Remote Control
- 1 x Power Cable
- 1 x User Manual

2. SAFETY INFORMATION

Please read and understand all safety instructions before operating the device.

- Always place the elliptical machine on a stable, flat surface to prevent tipping or movement during use.
- This device is designed for **seated use only**. Do not stand on the pedals or attempt to use it while standing, as this may cause injury or damage to the unit.
- Ensure the power cable is securely connected and not a tripping hazard.
- The pedals are equipped with anti-slip surfaces for enhanced stability and safety during your workout.
- Keep children and pets away from the device during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or are undergoing rehabilitation.

Comes Fully Assembled



Figure 2.1: The Amonax Motorized Elliptical Machine is designed for seated use only. Do not stand on the unit.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Amonax Motorized Seated Elliptical Machine.

Main Components:

- **Main Unit:** Houses the motor and control system.
- **Pedals:** Ergonomically designed with anti-slip surfaces for comfortable foot placement.
- **LED Display:** Provides real-time workout data.
- **Remote Control:** Allows convenient adjustment of settings without bending.

Upgraded LED Display

MANUAL

Adjust speed manually in HR mode.

AUTO

Switch between preset modes (P1/P2/P3).

SPEED-/+

Adjust 12 speed levels.

DIRECTION

Switch between clockwise or anti-clockwise.

DISPLAY

Show real-time workout data.



Figure 3.1: LED Display and Remote Control Functions.

The LED display shows real-time data including speed, time, distance, count, and calories burned. The remote control allows you to adjust speed, direction, and switch between manual and automatic modes.



Figure 3.2: Smooth Rolling Track and Anti-Slip Pedals.

The pedals feature a textured, anti-slip surface to ensure your feet remain secure during exercise. The smooth rolling track provides a fluid and quiet motion.

4. SETUP

Your Amonax Motorized Seated Elliptical Machine comes fully assembled, requiring minimal setup before first use.

1. **Unpack:** Carefully remove the elliptical machine and all accessories from its packaging.
2. **Placement:** Choose a stable, flat, and level surface for the machine. Ensure there is enough space around the unit for comfortable use and to prevent obstructions.
3. **Power Connection:** Connect the power cable to the designated port on the elliptical machine and then plug it into a standard electrical outlet.
4. **Initial Check:** Before use, ensure all components are secure and there are no visible damages.



Figure 4.1: Proper placement for seated operation.

5. OPERATING INSTRUCTIONS

Operate your Amonax elliptical machine using the integrated LED display or the remote control.

5.1 Powering On/Off

- Press the **POWER** button on the remote control or the **START/STOP** button on the main unit to turn the machine on or off.

5.2 Modes of Operation

The machine offers both manual and automatic modes:

- **Manual Mode:** Press the **MANUAL** button. In this mode, you can manually adjust the speed.
- **Automatic Mode:** Press the **AUTO** button. The machine will cycle through preset programs (P1, P2, P3) which vary in speed and direction.

5.3 Adjusting Speed

The elliptical machine features 12 adjustable speed levels.

- Use the **SPEED+** and **SPEED-** buttons on the remote control or the main unit to increase or decrease the pedal speed.

5.4 Changing Direction

The machine supports dual-direction workouts (forward and backward rotation).

- Press the **DIRECTION** button on the remote control or the main unit to switch between clockwise and anti-clockwise pedal rotation.

5.5 Monitoring Workout Data

The LED display provides real-time feedback on your exercise session.

- Press the **DISPLAY** button to cycle through different metrics: Time, Distance, Speed, Count, and Calories Burned.

Motorized Workout

15 Training Modes

12 Speed Levels

2 Directions

3 Preset Modes

AMONAX

Figure 5.1: Overview of Motorized Workout Features.

The machine offers a variety of workout options including 15 training modes, 12 speed levels, 2 directions of rotation, and 3 preset programs for diverse exercise routines.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical machine.

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use to remove dust and sweat. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Do not overtighten.
- **Cable Care:** Ensure the power cable is not kinked or damaged. If damaged, discontinue use and contact customer support.

7. TROUBLESHOOTING

If you encounter any issues with your Amonax Motorized Seated Elliptical Machine, refer to the following common solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cable not connected; power outlet issue.	Ensure power cable is securely plugged into both the machine and a working electrical outlet. Test the outlet with another device.
Pedals are not moving.	Machine is off; incorrect mode selected; motor issue.	Turn the machine on. Ensure you are in Manual or Auto mode. If the issue persists, contact customer support.
Display is not showing data.	Machine is off; display setting.	Ensure the machine is powered on. Press the DISPLAY button to cycle through metrics.
Remote control not working.	Dead batteries; obstruction.	Replace the remote control batteries. Ensure there is no obstruction between the remote and the machine's sensor.

If you experience any problems not listed above, or if the suggested solutions do not resolve the issue, please contact Amonax Customer Support.

8. SPECIFICATIONS

Model Number	MEP3-B
Brand	Amonax
Dimensions (L x W x H)	48.5 cm x 29 cm x 42 cm
Weight	6.6 Kilograms
Material	Acrylonitrile Butadiene Styrene (ABS) + Steel
Control Type	Remote Control
Display Type	LED
Adjustable Speed Levels	12
Number of Resistance Levels	5
Operating Mode	Automatic / Manual
Power Source	Electric Cable

9. WARRANTY AND SUPPORT

Amonax products are manufactured with quality and durability in mind. For specific warranty details, please refer to the warranty card included with your product or visit the official Amonax website. If you require assistance, have questions, or need to report an issue, please contact Amonax Customer Support through the following channels:

- **Website:** [Amonax Official Store on Amazon](#) (for general inquiries and product information)
- **Email:** Refer to your product packaging or included documentation for direct customer service contact information.

Please have your model number (MEP3-B) and purchase date ready when contacting support.